For information on becoming a Home Health Aide, see <u>Sources of</u> <u>additional information</u> within this brochure.

For information on youth employment opportunities, contact a career counselor at your high school or employment counselor or job and information center coordinator at your local NH Employment Security Office.

Berlin (752-5500)

151 Pleasant St., PO Box 159, 03570-0159

**Claremont (543-3111)** 

404 Washington St., PO Box 180, 03743-0180

Concord (228-4100)

10 West St., PO Box 1140, 03302 - 1140

Conway (447-5924)

518 White Mountain Highway, 03818-4205

Keene (352-1904)

109 Key Rd., 03431-3926

Laconia (524-3960)

426 Union Ave., PO Box 760, 03246-2894

**Lebanon (448-6340)** 

85 Mechanic St., Ste.4, 03766-1506

Littleton (444-2971)

646 Union St., Ste. 100, 03561-5314

**Manchester (627-7841)** 

300 Hanover St., 03104-4957

Nashua (882-5177)

6 Townsend St., 03060-3285

**Portsmouth (436-3702)** 

2000 Lafeyette Rd., 03801-5673

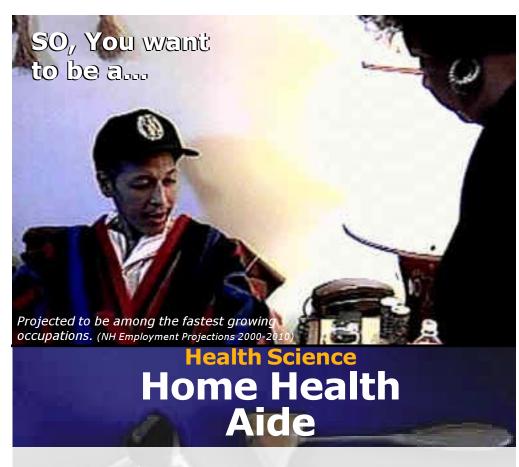
Salem (893-9185)

29 South Broadway, 03029-3026

**Somersworth (742-3600)** 

243 Rt.108, 03878-1512







Here are
a few things
you should know.

You'll want to know a few things about this career.

Avg Hrly Wage: \$10.41 Expected Growth Rate\*: 51% Avg Annual Openings: 98

Training/Educ Needed:

Short On-the-Job Training

Can receive training through high school, vocational-technical school or other institution. See Home Health Aide Programs available in NH at

www.nhes.state.nh.us, (NHetwork)

Basic Skills: Listening, writing, speaking.

Job Skills: tact, patience, understanding, interpersonal skills, dependability, be emotionally stable, healthy, teamwork, communication. (OOH) (Also: Service orientation, social perceptiveness, active listening, speaking, writing, coordination, problem identification.)



**TASKS** 

1. Changes bed linens, washes and irons patient's laundry, and cleans patient's quarters.

- 2. Assists patients into and out of bed, automobiles, or wheelchair, to lavatory, and up and down stairs.
- **3.** Administers prescribed oral medication under written direction of physician or as directed by home care nurse and aide.
- **4**. Massages patient and applies preparations and treatment, such as liniment or alcohol rubs and heat-lamp stimulation.
- **5**. Performs variety of miscellaneous duties as requested, such as obtaining household supplies and running errands.
- 6. Entertains patient, reads aloud, and plays cards and other games with patient.
- 7. Maintains records of services performed and of apparent condition of patient.
- **8.** Purchases, prepares, and serves food for patient and other members of family, following special prescribed diets.

www.onetcenter.org

**Interests** (Holland Code): SER (Social, Enterprising, Realistic) Interest Area: Medical and Health Services Working Conditions: Vary depending on patient needs. (Can require a lot of standing, walking, and heavy lifting.) Avg Work Week: up to 40hrs (could also include evening, weekend, & holiday

work to meet 24hr care requirements.)

Sources of additional info: NH Employment Security (Contact office nearest you or go online to www.nhes.state.nh.us).

National Association for Homecare, 228 7th Street SE., Washington, DC 20003 (www.nahc.org).

